

### Statistics Report 15050, Fish, mackerel, Pacific and jack, mixed species, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	70.15	--	2.322	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	158	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	661	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Protein	g	20.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	7.89	126	0.865	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.62	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Minerals													
Calcium, Ca	mg	23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.16	--	0.143	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phosphorus, P	mg	125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	406	--	8.686	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	86	--	1.938	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.67	63	0.028	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.093	56	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	2.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Thiamin	mg	0.111	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin	mg	0.421	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	8.320	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.316	--	0.075	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.330	--	0.029	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	2	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	0.060	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total	mg	66.9	--	--	--	--	--	--	--	--	Calculated or imputed	15127	03/2009
Vitamin B-12	µg	4.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Retinol	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	15127	03/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin A, IU	IU	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Vitamin E (alpha-tocopherol)	mg	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	9.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2009
Vitamin D3 (cholecalciferol)	µg	9.1	--	--	--	--	--	--	--	--	Calculated or imputed	15127	03/2009
Vitamin D	IU	366	--	--	--	--	--	--	--	--	Calculated or imputed	15127	03/2009
Vitamin K (phylloquinone)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	15127	03/2009
Lipids													
Fatty acids, total saturated	g	2.247	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.340	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	1.389	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.441	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	2.629	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.470	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	1.328	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.325	65	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	1.940	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.116	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.081	58	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.509	83	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.123	60	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.932	82	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	47	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.225	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.880	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.925	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.631	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.843	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.215	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.783	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.678	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	1.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	1.201	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.591	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.214	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	2.055	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.996	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.963	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.819	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003